

Lower risk drinking limits

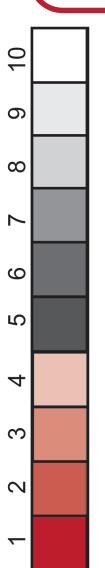
	Daily	Weekly
Men	4	14
Women	3	7
Anyone over 65 years old	3	7

AVOID alcohol if you:

- Have a health condition made worse by drinking.
- Plan to drive a vehicle or operate machinery.
- Are pregnant or trying to become pregnant.
- Take medications that interact with alcohol.
- Are underage.



^{*} NIAAA (www.rethinkingdrinking.niaaa.nih.gov)



Risks of unhealthy drinking Depression. Anxiety. Alcohol dependence. Aggressive behavior. Insomnia. Memory loss. Cancer of the Premature aging. throat & mouth. Hypertension. Heart failure. Anemia. Blood Frequent colds. clotting. Breast cancer. Reduced resistance to infection. Increased Vitamin deficiency. risk of pneumonia. Bleeding. Stomach Liver damage. inflammation. Diarrhea. Malnutrition. Men: erectile dysfunction. Inflammation of Women: risk of the pancreas. deformed. Impaired sensation developmentally leading to falls. delayed, or low birthweight babies. Failure to fulfill obligations at Painful nerves. work, school, or home. Car Numb or tingling toes accidents, legal problems.